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ABSTRACT

This is an annotated bibliography listing books, resources, and films and filmstrips on the subject of nutrition. Sections include: Food Sense; Controlling Your Weight; Feeding Your Family; Food for Teens; Learning and Teaching Nutrition; Other Sources; and Films and Filmstrips. The material is in pamphlet form. (LK)

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NUTRITION BOOKS AND RESOURCES
1971

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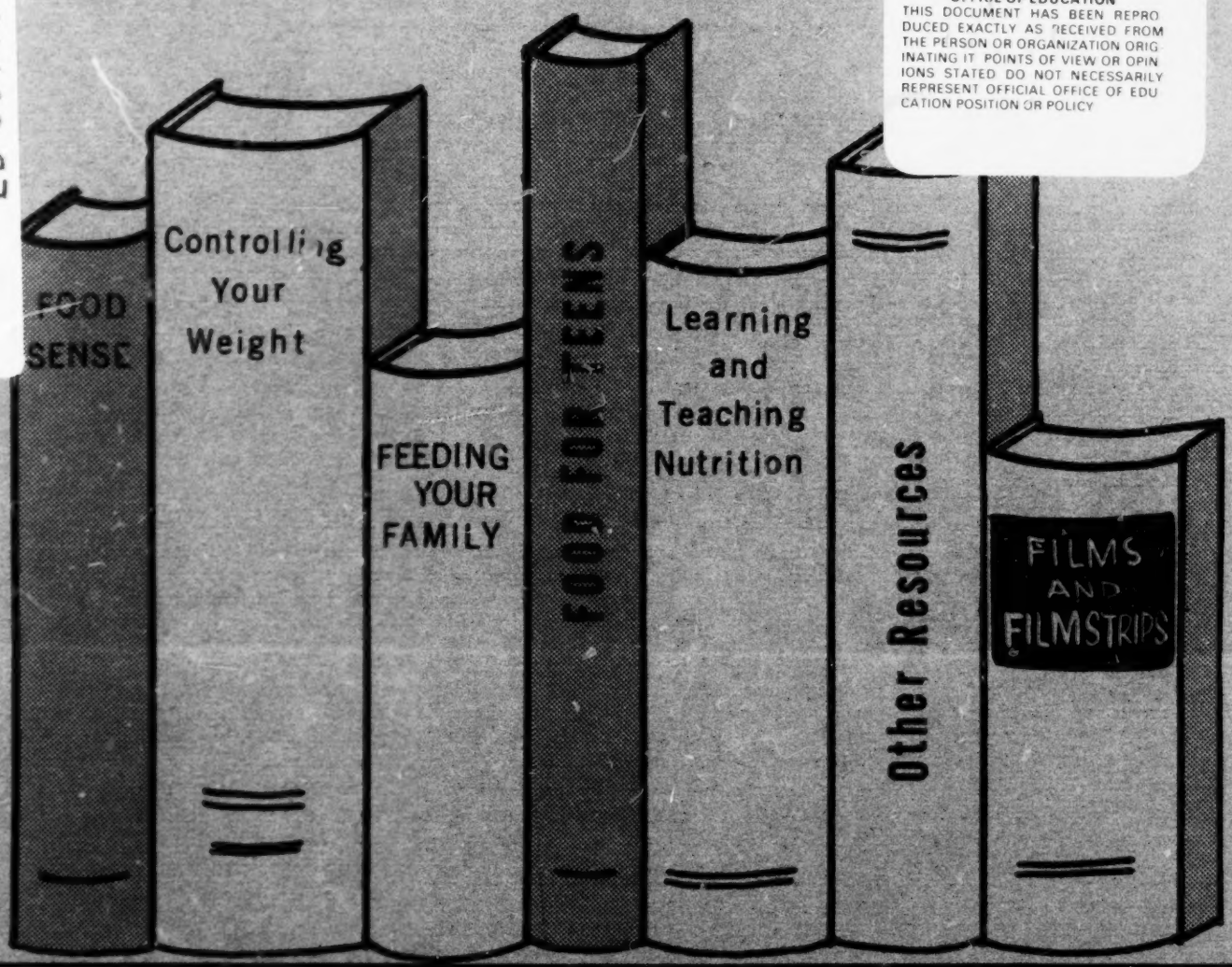

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Selected by the Community Nutrition Section of

THE HAWAII DIETETIC ASSOCIATION

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Honolulu, Hawaii

WHICH NUTRITION BOOKS TO BUY OR READ?

Choosing a reliable book on nutrition is difficult because many people write about food. We do not recommend the fad books because they often misinterpret scientific knowledge or even distort scientific statements for profit, thereby actually giving us false information. You may not realize that these books may present information which can be dangerous to health. Here are some questions to answer in order to select wisely from the flood of books published about food and nutrition.

ANSWER THESE QUESTIONS:

____ Who is the author?
... Does he have a background of education in nutrition from a college or university?
... Is he associated with a responsible organization?
... Is he presently teaching or doing research or other work in the field of nutrition?

____ What do official agencies say about the book?
... Nutritionists at the Nutrition Branch, Hawaii State Department of Health. Tel. 548-6553.
... Nutritionists at the University of Hawaii:
- Dept. of Food and Nutritional Sciences. Tel. 944-8236.
- School of Public Health. Tel. 944-8577.
- Cooperative Extension Service. Tel. 944-8205.

____ What do professional organizations say about the book?
... The American Dietetic Association.
... The American Medical Association.
... The American Public Health Association.

In this booklet we have listed books, pamphlets, and films which we feel give sound information on nutrition. We have added some resources for you to call or write for additional information.

F O O D S E N S E

Title	Description
THE CHEMICALS WE EAT, Melvin A. Bernarde. American Heritage Press, McGraw-Hill, Inc., 330 West 42nd St., New York, N.Y. 10036. 1971. $6.95.	An illuminating discussion of the chemical additives in our food supply - why they are added, what they are, and how they function. Chapter on "natural foods" gives revealing information about the chemicals occurring naturally in foods.
CONSUMERS ALL (Food - pp. 391-480), The Yearbook of Agriculture, U.S. Dept. of Agriculture. Superintendent of Documents, Washington, D.C. 20402. 1965. $2.75.	An excellent household resource containing 25 interesting chapters on food: calories and weight, nutrition nonsense, buying, storing, cooking, and planning timesavers.
EATING FOR GOOD HEALTH, Frederick J. Stare. Doubleday & Co., Inc., 501 Franklin Ave., Garden City, N.Y. 11530. 1964. $4.95. (Paperback - Cornerstone Library, Inc., 630 Fifth Ave., New York, N.Y. 10020. 1969. $1.45).	Fascinating and easy to read discussion of weight control, fluoridation, dietary fat, food fads, and food additives compiled from the syndicated newspaper column.
FACTS ABOUT NUTRITION, Public Health Service Pub. #917. (Booklet). Superintendent of Documents, Washington, D.C. 20402. 1967. $.25.	This booklet is an excellent short-cut review of nutrition: normal and in overweight, pregnancy and lactation, and infancy and old age. Sources for additional information listed.
FOOD, The Yearbook of Agriculture, U.S. Dept. of Agriculture. Superintendent of Documents, Washington, D.C. 20402. 1965. $2.25.	A valuable and reliable resource for basic recipes, menus, food costs and guides, nutritive values, food fads and habits, and nutrition programs.
FOOD BECOMES YOU, Ruth M. Leverton. Press Bldg., Iowa State University Press, Ames, Iowa 50010. 4th ed. 1966. $4.95. (2nd ed. paperback - Dolphin Books, Doubleday & Co., Inc., 501 Franklin Ave., Garden City, N.Y. 11530. 1961. $.95).	Nutrition information including weight control, fads and fallacies, food values, and budgeting told sensibly and delightfully for every age group.
FOOD FOR US ALL, The Yearbook of Agriculture, U.S. Dept. of Agriculture. Superintendent of Documents, Washington, D.C. 20402. 1969. $3.50. (Paperback - J. Hayes, editor. Everyday Handbooks, Barnes & Noble, Inc., 105 Fifth Ave., New York, N.Y. 10003. 1970. $1.95).	A popular encyclopedia of food for the consumer - the economics of food from farmer to supermarket, buying and cooking, recipes. Nutrition and meal planning stresses basic food needs, good food habits, and money-stretching ideas.

Title	Description
FOODS WITHOUT FADS, A COMMON SENSE GUIDE TO NUTRITION, Earle W. McHenry. J.B. Lippincott Co., E. Washington Square, Philadelphia, Pa. 19105. 1960. $3.50.	Entertaining and educational description of body's need for foods; basic food groups; meal planning; feeding of children, adults, and older people; and weight control.
THE GREAT AMERICAN FOOD HOAX, Sidney Margolius. Walker & Co., 720 Fifth Ave., New York, N.Y. 10019. 1971. $5.95.	Problems of consumerism and money management, what's happened to your food, and how to tell best food buys discussed.
LET'S TALK ABOUT FOOD, Philip L. White, editor. (Booklet). American Medical Association, 535 N. Dearborn St., Chicago, Ill. 60610. 1970. $1.00.	Questions and authoritative answers on nutrition; food preparation, storage; fallacies; and normal and special diets reproduced from "Today's Health" magazine.
NUTRITION AND PHYSICAL FITNESS, L. Jean Bogert, George M. Briggs, & Doris H. Calloway. W. B. Saunders & Co., W. Washington Square, Philadelphia, Pa. 19105. 8th ed. 1966. $7.50.	A valuable, comprehensive reference book on nutrition recommended as a text for high school students or for those with no background in chemistry.
YOUR DIET, DIGESTION, AND HEALTH, Edmund S. Nasset. (Paperback). Barnes & Noble, Inc., 105 Fifth Ave., New York, N.Y. 10003. 2nd ed. 1962. $1.25.	The story of food from selection and preparation to digestion and absorption. Also tables of food composition, recommended daily allowances, and desirable weights.
- Facts About Fads -	
THE HEALTH HUCKSTERS, Ralph L. Smith. Thomas Y. Crowell Co., 201 Park Ave. S., New York, N.Y. 10003. 1960. $3.95.	Descriptions of the common fads and sales appeals of a variety of products such as vitamin pills and health foods reveals loopholes in consumer protection.
THE NUTS AMONG THE BERRIES, Ronald M. Deutsch. (Paperback). Ballentine Books, Inc. Orders to Pocket Books, Inc., 630 Fifth Ave., New York, N.Y. 10020. 1967. $.95.	Entertaining but factual information on dangers and wastefulness in following food fads and advice of food quacks.
- About Food Preparation -	
HANDBOOK OF FOOD PREPARATION, American Home Economics Association. American Home Economics Assoc., 1600 Twentieth St., N.W., Washington, D.C. 20009. 6th ed. 1971. $3.00.	A useful reference book for food buying and preparation: conversion tables, buying guides, container sizes, preparation methods, time tables; description of foods according to composition, type, and grade.

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C O N T R O L L I N G Y O U R W E I G H T

Title	Description
COOPER'S NUTRITION IN HEALTH AND DISEASE, Helen S. Mitchell, Henderika Rynbergen, Linnea Anderson, & Marjorie V.P. Dibble. J. B. Lippincott Co., E. Washington Square, Philadelphia, Pa. 19105. 15th ed. 1968. $9.25.	Chapter 21 on "Weight Control." This excellent text written for teaching nurses is also useful for laymen desiring up-to-date information on nutrition.
NUTRITION AND PHYSICAL FITNESS, L. Jean Bogert, George M. Briggs, & Doris H. Calloway. W. B. Saunders & Co., W. Washington Square, Philadelphia, Pa. 19105. 8th ed. 1966. $7.50.	Chapter 24 on "Overweight: Its Significance and Treatment." This valuable reference book on nutrition is recommended as a text for high school students or for those with no background in chemistry.
THE SAFE AND SANE WAY TO REDUCE, Gaynor Maddox. Random House, Westminster, Md. 21157. 1960. $3.95.	Lively but sound presentation of nutritional information and explanation of the emotional aspects of weight control.
UNITED STATES GOVERNMENT DIET BOOK, U.S. Dept. of Agriculture. (Paperback). Pocket Books, Inc. Orders to Simon & Schuster, Inc., 1 W. 39th St., New York, N.Y. 10018.	A 63 page compilation of two U.S.D.A. publications: "Food and Your Weight" and 2 chapters from FOOD, The Yearbook of Agriculture, 1959, "Don't Be Fooled by Fads" and "Calories and Body Weight."
YOUR WEIGHT AND HOW TO CONTROL IT, Morris Fishbein, editor. Doubleday & Co., 501 Franklin Ave., Garden City, N.Y. 11530. 1963. $3.95.	Fourteen authors contribute to an interesting and honest discussion of overweight and its control: determining correct weight, causes of overweight, and treatment of obesity.

F E E D I N G Y O U R F A M I L Y

Title	Description
BABY AND CHILD CARE, Benjamin M. Spock. (Paperback). Pocket Books, Inc. Orders to Simon & Schuster, Inc., 1 West 39th St., New York, N.Y. 10018. 1957. $.95.	This practical guide for parents on rearing infants and young children includes 9 chapters on feeding and problems of feeding, nutrition, and meal planning.
EATING FOR GOOD HEALTH (see listing under FOOD SENSE).	
FEEDING YOUR BABY AND CHILD, Benjamin M. Spock & Miriam E. Lowenberg. Duell, Sloan, & Pearce. Orders to Hawthorne Books, 70 Fifth Ave., New York, N.Y. 10011. 1955. $3.95.	A helpful guide of feeding hints beginning with pregnancy and lactation through infancy including recipes, menus, and a discussion of feeding problems.
FOOD, The Yearbook of Agriculture (see listing under FOOD SENSE).	
FOOD BECOMES YOU (see listing under FOOD SENSE).	
NUTRITION FOR THE GROWING YEARS, Margaret McWilliams. John Wiley & Sons, Inc., 605 Third Ave., New York, N.Y. 10016. 1967. $6.95.	Although intended as a text for a college course in child nutrition, this book is equally valuable for parents of young children as it is filled with sensible suggestions on child feeding and is easy to read.

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F O O D F O R T E E N S

Title	Description
A BOY AND HIS PHYSIQUE, Walter H. Gregg. (Booklet). National Dairy Council, 111 North Canal St., Chicago, Ill. 60606. 1961. $.25.	An authoritative and attractive booklet chock-full of advice on checking your own growth record, physique, muscle development, nutritive needs, and weight. Excellent for physical education or young "man about the house" students.
FITNESS FOR THE MODERN TEENAGER, Janet A. Wessel. The Ronald Press Co., 79 Madison Ave., New York, N.Y. 10016. 1963. $4.00.	This profusely illustrated guide on figure and weight control, poise, posture, exercise, and grooming includes a chapter on food: a daily food guide, nutrients, calorie charts, and a method of determining one's own caloric needs.
FOOD FACTS FOR TEENAGERS, Margaret B. Salmon. Charles C. Thomas, Publisher, 301-327 E. Lawrence Ave., Springfield, Ill. 62703. 1965. $5.75.	This factual book on nutrition including bar graphs and tables of nutritive values may be useful as a resource for people working with this age group.
A GIRL AND HER FIGURE, Ruth M. Leverton. (Booklet). National Dairy Council. 111 North Canal St., Chicago, Ill. 60606. 1965. $.25.	An interesting and authoritative booklet filled with advice on checking your own growth record, figure development, nutritive needs, exercises, and weight. Excellent for physical education or home economics students.
SLIM DOWN, SHAPE UP DIETS FOR TEENAGERS, Gaynor Maddox. (Paperback). Avon Books, The Hearst Corp., 959 Eighth Ave., New York, N.Y. 10019. 1963. $.50.	This guide for weight reduction explains why crash and fad diets, pills, reducing candies, etc., are dangerous. Emphasizes how to eat, not how to starve.
THE TEENAGER'S GUIDE TO DIET AND HEALTH, Robert S. Goodhart. Prentice-Hall, Inc., Englewood Cliffs, N.J. 07632. 1964. $3.95.	A fun book for figuring ideal weight includes discussions of weight control, crash diets, nutrients, food preparation, menus, and nutritional advice for athletes.
YOU AND YOUR FOOD, Ruth B. White. Prentice-Hall, Inc., Englewood Cliffs, N.J. 07632. 2nd ed. 1966. $7.96.	A colorfully illustrated and easy to read foods and nutrition text composed of short but complete chapters on foods and their nutritive contributions. Planning, preparation, and serving of balanced breakfasts, lunches, and dinners is presented. Recipes included.

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L E A R N I N G A N D T E A C H I N G N U T R I T I O N

Title	Description
- For Elementary Grades -	
HEALTH EDUCATION IN THE ELEMENTARY SCHOOL, Carl E. Willgoose. W.B. Saunders & Co., W. Washington Square, Philadelphia, Pa. 19105. 3rd. ed. 1969. $9.75.	Covers goals and methods for elementary health education teacher. Also 4 pages of nutrition resources in section on sources for free and inexpensive teaching aids.
HOW YOUR BODY USES FOOD, Albert Piltz. (Booklet). National Dairy Council, 111 North Canal St., Chicago, Ill. 60606. 1965. $.25.	This delightful 26 page booklet for upper elementary grades tells story of what you are. Describes digestion, nutrients, food groups, and food in space.
NUTRITION EDUCATION IN ACTION, Ethel A. Martin. Holt, Rinehart & Winston, Inc., 383 Madison Ave., New York, N.Y. 10017. 1963. $3.95.	This teacher's text for elementary grades suggests opportunities for introducing and providing nutrition education in practical ways. (NUTRITION IN ACTION is text by author. See listing under For High School).
NUTRITION EDUCATION IN THE ELEMENTARY SCHOOL: A HANDBOOK OF SUGGESTED ACTIVITIES, Dorothy C. Howell & Kathryn L. Shelton. Louisiana State University Press, Baton Rouge, La. 70803. 1967. $1.00.	A handbook for teachers prepared under direction of School Service. Is a useful resource for basic nutrition. Resources for additional materials are listed.
NUTRITION IN THE ELEMENTARY SCHOOL, Frances R. Godshall. Harper & Row Publishers, Inc. Orders to Scranton, Pa. 18512. 1958. $2.20.	For nursery and elementary teachers. Also is a good tool for school lunch managers and others involved in feeding children.
- For Intermediate Grades -	
LESSONS IN LIVING FOR THE YOUNG HOMEMAKER, Martha J. Davis & Yvonne Peeler. Ginn & Co., Statler Bldg., Back Bay, P. O. 191, Boston, Mass. 02117. 1970. $7.72. (TEACHER'S GUIDE $1.52).	Unit I of this homemaking text for grades 7-9 includes 150 fascinating pages on food. Nutrients, recipes, meal planning, buying and storing food, table setting, and activities are cleverly presented.
YOUNG LIVING, Nonalee Clayton. Charles A. Bennett Co., Inc., 809 Detweiller Dr., Peoria, Ill. 61614. 2nd ed. 1970. $7.64.	This homemaking text for grades 7-8 contains 90 attractive pages on nutrients, a food guide, and mealtime tips. Also 35 pages of recipes. Activities and questions follow each unit.

Title	Description
- For High School -	
ANIMAL FEEDING DEMONSTRATIONS FOR THE CLASSROOM. (Booklet). National Dairy Council. 111 North Canal St., Chicago, Ill. 60606. 1958. $.30.	Plans and tested procedures to use for rat and chick feeding projects are presented. Helps students realize need for well-chosen diets. The 14 page booklet is attractive as well as complete and practical.
COOPER'S NUTRITION IN HEALTH AND DISEASE (see listing under CONTROLLING YOUR WEIGHT).	
FOOD FOR YOU, Margaret McWilliams & Linda S. Davis. Ginn & Co., Statler Bldg., Back Bay, P.O. Box 191, Boston, Mass. 02117. 1971. Price not set. (TEACHER'S MANUAL and TESTS available).	An attractive workbook. After first 2 chapters on Nutrition and Food Plan, the student may select from other chapters: Weight Control, More of You, Your Skin, Put on a Happy Smile, Grades and Your Diet, A Food Tour of American Tastes, Breakfast Time, Snack Time, From Food to You, and Vitamins and Minerals.
HEALTH AND SAFETY FOR YOU, Harold S. Diehl, Anita D. Laton, & C. Franklin. Webster Division, McGraw-Hill Book Co., 330 W. 42nd St., New York, N.Y. 10036. 1969. $7.20.	This attractive and easy to read health education text contains 9 pages on Digestion and 16 pages on Nutrition and Foods: functions, food guide, vitamins and minerals, energy, meal patterns, weight control, calorie chart. Discusses food cautions.
HEALTH EDUCATION FOR YOUNG ADULTS, Jessie H. Haag. Steck-Vaughn Co., P.O. Box 2028, Austin, Texas 78767. 1965. $5.50.	A health education text containing 2 clear and colorful chapters on nutrition: 14 pages on nutrients, sources, deficiencies, recommended allowances, and food fads; and 9 pages on overweight and underweight. Useful discussion questions, exercises, and enrichment projects are given.
LEARNING BETTER NUTRITION, J. A. S. Richie, F.A.O. of U.N., Nutritional Studies #20. Unipub., Inc., P.O. Box 433, New York, N.Y. 10016. 1968. $4.00.	An extremely valuable publication for anyone who works in the field of applied nutrition. Updates the previous book TEACHING BETTER NUTRITION. Concentrates on active learning.
NUTRITION AND PHYSICAL FITNESS (see listing under FOOD SENSE).	
NUTRITION IN ACTION, Ethel A. Martin. Holt, Rinehart & Winston, Inc., 383 Madison Ave., New York, N.Y. 10017. 2nd ed. 1965. $6.95.	A complete and easily used text for university courses in nutrition and health for majors in elementary education, nursing, physical education, and social service. (NUTRITION EDUCATION IN ACTION for teachers by same author. See listing under For Elementary Grades).

Title	Description
NUTRITION SCIENCE AND YOU, Olaf Mickelsen. (Paperback). Scholastic Book Services. Orders to 904 Sylvan Ave., Englewood Cliffs, N.J. 07632. 1964. $.50.	This nutrition book written for junior and high school students includes information on growth, development, and research. Written in an interesting style with many illustrations. List of selected resources and films are included.
PEOPLE, FOOD AND SCIENCE, Patricia Cote. Ginn & Co., Statler Bldg., Back Bay, P.O. Box 191, Boston, Mass. 02117. 1968. $7.96. (TEACHER'S MANUAL $1.64. STUDENT'S ACTIVITIES AND EXPERIMENTS $1.72).	Exciting and challenging text in advance study in foods. Emphasizes scientific principles underlying composition, structure, selection, storage, and preparation of food. Colorfully illustrated.
TEACHING NUTRITION, Ercel Eppright, Mattie Pattison, & Helen Barbour. Iowa State University Press, Press Bldg., Ames, Iowa 50010. 2nd ed. 1963. $4.95.	This is a timely, stimulating, and thought provoking handbook for teaching nutrition in the U.S. and abroad. Discusses food habits, teaching methods, evaluation, and the challenge for the future. Improved nutrition is one factor involved in peace among nations.
THE WORLD OF FOOD, Eva Medved. Ginn & Co., Statler Bldg., Back Bay, P.O. Box 191, Boston, Mass. 02117. 1970. Price not set. (TEACHER'S GUIDE available).	A well illustrated, comprehensive beginning foods text with 6 sections. Chapters within each section are adaptable - may be taught on a meal pattern basis or be planned to stress techniques for food service job training. Nutritive content of foods, basic recipes, food buying guides, and questions and activities included.
YOU AND YOUR FOOD (See listing under FOOD FOR TEENS. TEACHER'S GUIDE. $1.00).	

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RESOURCES FOR ADDITIONAL INFORMATION

Mainland Resources	Description of Available Materials
AMERICAN ASSOCIATION FOR HEALTH, PHYSICAL EDUCATION, AND RECREATION, Dept. of N.E.A., 1201 Sixteenth St., N.W., Washington, D.C. 20036.	Nutrition teaching aids for elementary grades. List of publications on request.
AMERICAN DENTAL ASSOCIATION, 211 E. Chicago Ave., Chicago, Ill. 60611.	Pamphlets, reprints, and educational materials. List of publications on request.
THE AMERICAN DIETETIC ASSOCIATION, 620 N. Michigan Ave., Chicago, Ill. 60611.	Pamphlets, reprints, and educational materials. List of publications on request.
AMERICAN HOME ECONOMICS ASSOCIATION, Public Relations Dept., 1600 Twentieth St., N.W., Washington, D.C. 20009.	Pamphlets, reprints, and educational materials. List of publications on request.
AMERICAN INSTITUTE OF BAKING, Consumer Service Dept., 400 E. Ontario St., Chicago, Ill. 60611.	Pamphlets, posters, and other educational materials on baked products and nutrition.
AMERICAN MEAT INSTITUTE, Dept. of Public Relations, 59 E. Van Buren St., Chicago, Ill. 60605.	Meat charts, posters, pamphlets, and other teaching aids on the selection and preparation of meats.
AMERICAN MEDICAL ASSOCIATION, 535 N. Dearborn St., Chicago, Ill. 60610.	Pamphlets, reprints, and educational materials. List of publications on request.
ARMOUR AND COMPANY, Consumer Service Dept., P.O. Box 9222, Chicago, Ill. 60690.	Pamphlets, posters, and teachers' guides.
CEREAL INSTITUTE, Inc., Education Dept., 135 S. La Salle St., Chicago, Ill. 60603.	Nutrition information and educational materials for teachers for all grades.
CORN PRODUCTS COMPANY, Medical Dept., International Plaza, Englewood Cliffs, N.J. 07632.	Information available on fat controlled diets.
EVAPORATED MILK ASSOCIATION, Educational Division, 910 Seventeenth St., N.W., Washington, D.C. 20006.	Pamphlets and teaching guides for schools and adult education.
GENERAL MILLS, INC., Nutritional Service, 9200 Wayzata Blvd., Minneapolis, Minn. 55440.	Posters, recipes, and educational tools and guides for teaching nutrition for elementary grades.
H. J. Heinz Company, Marketing Division, P.O. Box 57, Pittsburgh, Pa. 15230.	Nutrition education pamphlets, teaching aids, and food composition tables.
METROPOLITAN LIFE INSURANCE COMPANY, Health and Welfare Division, 1 Madison Ave., New York, N.Y. 10010.	Nutrition education pamphlets and teaching aids, especially for weight control.

Mainland Resources (cont'd.)	Description of Available Materials
NATIONAL DAIRY COUNCIL, 111 North Canal St., Chicago, Ill. 60606.	Posters, pamphlets, food models, films, exhibits. Catalogue of health education materials free.
NATIONAL LIVE STOCK AND MEAT BOARD, 36 South Wabash Ave., Chicago, Ill. 60603.	Pamphlets, posters, and classroom materials.
THE NUTRITION FOUNDATION, 99 Park Ave., New York, N.Y. 10016.	Goals and activities in nutrition education. List of publications on request.
SUPERINTENDENT OF DOCUMENTS, Washington, D.C. 20402.	Pamphlets and posters available at cost.
SWIFT AND COMPANY, Public Relations Dept., 115 W. Jackson Blvd., Chicago, Ill. 60604.	Pamphlets and posters on meat and meat preparation and classroom study guides.
VITAMIN INFORMATION BUREAU, INC., 575 Lexington Ave., New York, N.Y. 10022.	Pamphlets and teaching aids on vitamins and minerals.
WESTERN GROWERS ASSOCIATION, 3091 Wilshire Blvd., Los Angeles, California 90005.	Pamphlets on quality and use of fresh vegetables.
WHEAT FLOUR INSTITUTE, 14 East Jackson Blvd., Chicago, Ill. 60604.	Pamphlets, posters, and teachers' guides.
Local Resources	
COOPERATIVE EXTENSION SERVICE, Publications Office, University of Hawaii, 2500 Dole St., Honolulu, Hi. 96822. Tel. 944-8538.	Pamphlets, posters, food models, and filmstrips. Reference list of foods and nutrition materials.
DIAL-A-DIETITIAN. Telephone 536-1315.	Telephone answering service for questions on food and nutrition. Answers are given by professionally trained dietitians.
HAWAII HEART ASSOCIATION, 245 N. Kukui St., Honolulu, Hi. 96817. Telephone 538-7021.	Pamphlets, diets, recipes, and films on how to protect your heart.
HAWAII STATE DEPT. OF HEALTH, Dental Hygiene Branch, 1250 Punchbowl St., Honolulu, Hi. 96813. Telephone 548-6320.	Pamphlets, posters, and teaching aids on dental health.
HAWAII STATE DEPT. OF HEALTH, Nutrition Branch, 1250 Punchbowl St., Honolulu, Hi. 96813. Telephone 548-6553.	Nutrition pamphlets available free. Nutrition education teaching aids available on loan.
HAWAII STATE DEPT. OF HEALTH, Office of Health Education, 1250 Punchbowl St., Honolulu, Hi. 96813. Telephone 548-5885.	Films and filmstrips on nutrition available on loan.

F I L M S

Title	Description
AND ONE TO GROW ON. Color, 12 min. 1968. For elementary students, parents. (Office of Health Education, Department of Health).	Film starts with boys and girls at a birthday party with a cake and one candle for each year plus "One to Grow On." The story shifts to a classroom where students are doing a nutrition project on breakfast. Importance of breakfast, school lunches, and Basic 7 Foods are emphasized.
BABIES LIKE TO EAT. Color, 11 min. 1955. Grades 10-12. Also homemaking classes, preschool teachers, parent groups. (Office of Health Education, Department of Health).	The film is designed to show parents how to help their babies learn to eat properly. Twin babies learning to eat are featured. It shows their varying rates of progress from the bottle to the point where they eat at the family dinner table.
BETTER BREAKFASTS, U.S.A. Color, 11 min. 1964. Grades 7-9. (Office of Health Education, Department of Health).	Discusses the importance of adequate breakfast for teen-agers and the contribution of cereals to the morning meal.
THE BIG DINNER TABLE. Color, 10 min. (Office of Health Education, Department of Health).	This film shows foods eaten by the various peoples throughout the world based on the Basic 4. The function of food is also discussed. The importance of good nutrition in relation to health is emphasized.
FEEDING THE NEW BABY. Black and white, 13½ min. 1966. (Film Services of Hawaii, Ltd.).	Complete demonstrations of formula preparation and washing and care of nursing equipment. Hospital approved terminal sterilization method covered in detail. Need for love, warmth, and tenderness while feeding the baby is stressed. Shows how proper care and attention make a baby's world healthy and happy.
FOOD AS CHILDREN SEE IT. Color, 18 min. 1952. For parents and others who feed children. (Office of Health Education, Department of Health).	A nationally known child-feeding specialist advises mothers about preparing attractive meals for their young children. She talks about an ideal meal for preschool children, common child-feeding problems and suggested solutions, and using the Basic 7 Food Group to plan menus and prepare food for health and efficiency. Meal times can be happy times if we remember to look at food from the child's point of view.
FOOD FOR LIFE. Color, 11 min. For expectant parents. (Office of Health Education, Department of Health).	This film stresses that good nutrition is an important aspect of prenatal care. A pregnant woman is building a baby; and for this growth a well balanced diet is necessary. Milk, meat, liver, dark green leafy vegetables, and Vitamin C foods are emphasized.

Title	Description
FOOD FOR THOUGHT. Black and white, 17 min. (Hawaii State Library System).	A villager in Orissa, India, tells about the problems of nutrition and how the people, helped by their government, UNICEF, and FAO, are attempting to find solutions.
FOUND IN HAWAII. Color, 15 min. 1950 (outdated styles). For parents, upper elementary through high school). (Office of Health Education, Department of Health).	This film tells the story of a Hawaiian family - Moki, the father; Emma, the mother; and Lani, John, and Tommy; the children. All except Moki eat a proper diet. Moki's health suffers as a consequence of his poor eating habits and is restored only by following his doctor's advice, listening to information on diet from his daughter, and reminiscing about his boyhood days and his food habits then.
JENNY IS A GOOD THING. Color, 18 min. 1969. For preschool workers. (Film Services of Hawaii, Ltd.).	One of Headstart's most important concepts is that the nutrition program plays a major role and is an integral part of the daily activities in a quality headstart center. A film for training staff members and introducing the best examples of the child teaching process to the community at large.
THE KING WHO CAME TO BREAKFAST. Color, 17 min. 1950. For school or any audience. (Office of Health Education, Department of Health).	Marionettes are used to show the importance of a good breakfast and the results of a good diet. This is a story of wheat and its nutritional value. It is especially suitable for school but good for any audience.
MORE FOOD FOR OUR MONEY. Color, 20 min. 1957. Grades 10-12, young marrieds. (Office of Health Education, Department of Health).	This is one of the few nutrition films aimed especially at teen-age girls. It is an attractively produced film which should both teach teen-agers more about economical meal planning and buying for future reference, and also instill new respect for the family budget right now. Good for school home economics classes, 4-H groups, and extension projects for future homemakers.
PLANNING FOR GOOD EATING. Color, 10 min. 1946. Grades 3-8. (Office of Health Education, Department of Health).	This film is one of the Health of America series prepared by the Office of the Inter-American Affairs. It is a Walt Disney production. Facts on nutrition are presented in a very simple and understandable manner. The film points out that three different types of food; namely, muscle building, bone building, and energy foods, are needed by human beings, the combination of which helps the body build up resistance to disease. Island food such as the papaya and banana are shown.
A SIMPLE CUP OF TEA. Black and white. 28 min. 1965. (Hawaii State Library System).	Dealing with the critical problem of food production in the developing nations, this film is an account of thirty days in the life of a rancher who works for AID in a rural section of East Pakistan. Presentation made with imagination and wit, providing insight into the needs of underdeveloped people.

Title	Description
SOMETHING YOU DIDN'T EAT. Color, 10 min. 1945. For all groups. (Office of Health Education, Department of Health).	The connection between deficient diets and poor health is shown through animated cartoons. Suitable for all age groups.
SONG OF ARTHUR. Color, 21 min. 1968. (Office of Health Education, Department of Health).	A fresh approach to an old problem - overweight. The film is a bright light-hearted Broadway type musical, designed to undertake safe and effective programs of weight control.
TWO LITTLE RATS AND HOW THEY GREW. Color, 10 min. Grades 4-7. (Office of Health Education, Department of Health).	This film shows as experiment in nutrition with white rats by fifth grade students in a public school. It shows one of the rats being fed milk and whole wheat bread, the other candy and pop, and their weights being recorded periodically to show the value of the first diet over the other. The film has value in that a pleasant ideal school situation is shown whereby students are given responsibility and are shown participating actively in the class work.
WEIGHT REDUCTION THROUGH DIET. Color, 15 min. 1951. (Office of Health Education, Department of Health).	A documentary film which presents a record of several year's research at Michigan State College. Shows the results of intelligent dieting by college students and adults with a qualified discussion leader present.
YOU AND YOUR FOOD. Color, 8 min. 1960. Grades 5-12. (Office of Health Education, Department of Health).	A clever cartoon showing the importance of food. Everything that is alive lives in food. What food does for you and the value of food is emphasized. The human body is compared to a car. Good health doesn't just happen; it has to be helped and planned "by eating the right kinds of food every day."
YOUR FOOD. Black and white, 20 min. 1953. (Office of Health Education, Department of Health).	An effective presentation of the importance of correct diet for healthful living told in a combination of live action and fantasy. Stresses the foods that make up a good diet.

F I L M S T R I P S

COMMUNITY ACTION FOR BETTER BREAKFASTS. Black and white. 1966. For community health and nutrition leaders. (Office of Health Education, Department of Health).	Useful in planning a campaign to promote better nutrition and to help improve community health and well-being. Suitable for teachers, nurses, extension leaders, and other community leaders.
FOCUS ON FOOD DOLLARS. Color. 1961. (Office of Health Education, Department of Health).	Wise spending of food dollars, factors to consider, and preparation of attractive and nutritious meals are included in this filmstrip.

F I L M S T R I P S (Cont'd.)

Title	Description
FOODS OF HAWAII. Color. For homemaking classes, social studies, adult groups. (Office of Health Education, Department of Health).	The foods brought to Hawaii from Polynesia, China, Japan, Korea, the Philippines, the Far East, are shown. Good for homemaking classes, social studies, and adult groups.
HOW FOOD BECOMES YOU. Black and white. 1966. Grades 5-8. (Office of Health Education, Department of Health).	Shows what happens to food in our bodies and why a variety of foods is needed daily.
OFF TO A GOOD START. Black and white. Grades 10-12, adult. (Office of Health Education, Department of Health).	Prepared by Heinz Co., shows step by step the feeding of babies from breast milk to formula to solid foods. The basic foods needed for health and reasons for the need of these foods are discussed. The feeding of the infant through the preschool years is shown.
SKIMPY AND A GOOD BREAKFAST. Color. Grades K-4. (Office of Health Education, Department of Health).	The filmstrip emphasizes the importance of a good breakfast and what foods make a good breakfast.

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